

Less than 1 hour

Serves 4-6

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Ingredients:

Frikkadels:

- 1 pack (500g) lamb mince
- 1 onion, finely chopped
- 2 cloves garlic, minced
- ¼ cup (20g) breadcrumbs
- 1 egg, whisked
- Juice (120ml) grated peel of 2 lemons
- 1 tsp (5ml) each ground cumin and cardamom
- ½ tsp (3ml) cinnamon
- Handful fresh mint, parsley and coriander, chopped
- Salt and milled pepper
- Oil, for frying

Raita:

- 3-4 cooked beetroots, grated
- 1 cup (250ml) PnP double cream plain yoghurt
- 1 Tbsp (15ml) olive oil
- Squeeze lemon juice
- ½ tsp (3ml) ground cumin
- 1-2 green chillies, deseeded and chopped (optional)
- Chopped salad (cucumber, tomato and red onion) and rocket or microherbs, for serving

Method

1. Combine frikkadel ingredients and season well.
2. Roll into golf-ball-sized rounds (about 5cm) and chill in fridge for 15-30 minutes.

3. Heat oil in a pan over medium heat.
4. Fry frikkadels for 10-12 minutes or until golden-brown and cooked through.
5. Combine raita ingredients and season.
6. Spread raita on a platter, top with frikkadels and serve with a salad.

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